

LONGHORN



FOOTBALL



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FAQ

- Head Football Coach/Assistant AD-
 - Chris_Ross@lovejoyisd.net
 - Cell: (512) 638-3102
 - Twitter: @ChrisRossLISD
- Write any questions into the chat and we will produce a frequently asked questions document after the meeting.
- FAQ document will be on the district website (lovejoyleopards.net) under the football tab.
- We will send the presentation to you via SportsYou

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Leopard Middle School Football Staff

- Jerry Quinton: MS Boys Athletic Coord / 8th Grade FB
(jerry_quinton@lovejoyisd.net)
- Andrew Blom: 8th Grade FB
- Jeff Higgins: 8th Grade FB
- Will Yaeger: 8th Grade FB

- Brad Fuller: 7th Grade FB (brad_fuller@lovejoyisd.net)
- JB Nicholson: 7th Grade FB
- Chris Walker: 7th Grade FB
- Scott Shanle: 7th Grade FB

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CHAMPIONSHIP CULTURE

Our GOAL is to build a program where social responsibility, academic integrity, and competitive excellence are the standard for all.

FOUNDATION (Discipline-Toughness-Consistency)

- Character of the individual / Team First
- Competitive mindset (Toughness)
- Superior strength & conditioning
- Fundamentals (effort with technique)

"Success has requirements, not options." - Nick Saban

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ELITE COACHING

1. REAL CONNECTION (Trust, Care, Support)

- We will model teamwork, ethical behavior, and a strong work ethic.

2. EXPERT TEACHING (Positive Results)

- Your players should believe that you as their coach give them an unfair advantage over their opponents.

3. Establish a STANDARD of performance

- Consistently Develop/Lead/Manage the habits of champions.

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“The best prize that life has to offer is to work hard at work worth doing.” – Teddy Roosevelt

ELITE PLAYER

1. CHAMPIONSHIP CHARACTER (Team First)

- Can be trusted to do his job in detail. (Consistency)
- Cares about his teammates and coaches. (Trustworthy)

2. COMPETITIVE MINDSET (Attack, Compete, Improve)

- The ability to consistently perform at your peak effort and skill regardless of the competitive circumstances. (Results vs Excuses)
- Win “the moment”. (Adversity is merely a decision point)

3. Personal STANDARD of performance

- Maximizes his athletic potential by developing the mindset, skillset, and detail oriented focus necessary to achieve at a high level. (Habits)
- Compelled to improve (Coachable)

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“The best prize that life has to offer is to work hard at work worth doing.” – Teddy Roosevelt

Communication

- Middle School Athletic Coordinator
 - Jerry_Quinton@lovejoyisd.net
- Program Communication:
 - Email list: Mass notifications
 - Google Classroom: Virtual learning
 - Twitter: @Leopardfootball
 - Athletic Website: Lovejoyleopards.net
 - SportsYou: Up to date timely reminders and alerts regarding practice times, delays or rescheduled events
 - 7th Parents: 7thLeopardFBParents, code J9SC-254U
 - 7th Athletes: 7thLeopardFB, code E3KK-5DLZ
 - 8th Parents: 8thLeopardFBparents, code HEAH-B3UB
 - 8th Athletes: 8thLeopardFB, code ZGK2-C6CQ

"Success has requirements, not options." - Nick Saban

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sportsYou™

You've been invited to join

8th Leopard FB

Use your **unique access code** below and follow the instructions.

Access Code

Join via Website

New Users

1. From your computer or phone, go to **sportsyou.com**
2. Click **Get Your Free Account** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish set up

Existing Users

1. From your computer or phone, go to **sportsyou.com** and login
2. In left column, click **Join Team/Group**

Join via App

New Users

1. On mobile device download **sportsYou app** from the **App Store** (iOS) or **Google Play Store** (Android)
2. Tap **Create Account** or **Continue with Google**
3. Tap **Enter Access Code** to enter code, then finish set up

Existing Users

1. On mobile device login
2. In bottom tray, tap **Teams/Groups**
3. Tap **blue + button**, then tap **Join Team/Group**

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7TH & 8TH GRADE

WEEK AT A GLANCE



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8th GRADE SCHEDULE

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8TH SCHEDULE

DAY	DATE	OPPONENT	PLACE	TIME
TUES	9/22	MCMILLAN	WILLOW SPRINGS	6:00
TUES	9/29	CAIN	CAIN	6:00
TUES	10/6	ERECKSON	WILLOW SPRINGS	6:00
TUES	10/13	BURNETT	SHAFFER	6:00
TUES	10/20	UTLEY	WILLOW SPRINGS	6:00
TUES	10/27	WILLIAMS	WILLOW SPRINGS	6:00
TUES	11/3	FORD	FORD	6:00
TUES	11/10	COOPER	WILLOW SPRINGS	6:00
TUES	11/17	CURTIS	CURTIS	6:00

* START TIMES: B TEAM @ 6:00pm, A TEAM 10 MINUTES AFTER

7th GRADE SCHEDULE

DAY	DATE	OPPONENT	PLACE	TIME
TUES	9/22	MCMILLAN	WEHS	6:00
TUES	9/29	CAIN	WILLOW SPRINGS	6:00
TUES	10/6	ERECKSON	ERECKSON	6:00
TUES	10/13	BURNETT	WILLOW SPRINGS	6:00
TUES	10/20	UTLEY	WSS	6:00
TUES	10/27	WILLIAMS	WILLIAMS	6:00
TUES	11/3	FORD	WILLOW SPRINGS	6:00
TUES	11/10	COOPER	WISD	6:00
TUES	11/17	CURTIS	WILLOW SPRINGS	6:00

7TH SCHEDULE

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* START TIMES: B TEAM @ 6:00pm, A TEAM 10 MINUTES AFTER

8/17-8/28

MS Athletics Virtual Plan

- **Comprehensive Weight Program**
 - The program will include a strength, flexibility, agility, and speed training program addressing the basic fundamentals of each.
- **Leadership/Character Development**
 - There will be a theme of the week with daily character lessons provided by various HS head coaches and different team captains from our sports teams.

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8/17-9/4 VIRTUAL LEADERSHIP

WEEK 1 (8/17-8/21)

“Championship Character”

Monday 8/17

- Coach Ross (Football HC)

Tuesday 8/18

- Volleyball Team Representative

Wednesday 8/19

- Coach Wilson (Baseball HC)

Thursday 8/20

- Football Team Representative

Friday 8/21

- Coach Lopez (Softball HC)

WEEK 2 (8/24-8/28)

“Competitive Mindset (Attack, Compete, Improve)”

Monday 8/24

- Coach Mitchell (Volleyball HC)

Tuesday 8/25

- Softball Team Representative

Wednesday 8/26

- Coach Littlefield (Girls Track/CC HC)

Thursday 8/27

- Baseball Team Representative

Friday 8/28

- Coach Keeble (Girls Soccer HC)

WEEK 3 (8/31-9/4)

“Personal STANDARD of Performance (Habits of Champions)”

Monday 8/31

- Coach Herrema (Boys Basketball HC)

Tuesday 9/1

- Boys Wrestling Team Representative

Wednesday 9/2

- Coach Motsney (Girls Basketball HC)

Thursday 9/3

- Basketball Team Representative

Friday 9/4

- Coach Puckett (Athletic Director)

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8/31-9/4 MS Football Practice

7th FOOTBALL

- A DAY

- Team Meeting 7:00
- Practice Ends 9:50

- B DAY

- Team Meeting 7:00
- Practice Ends 8:20

8th FOOTBALL

- A DAY

- Team Meeting 4:25
- Practice Ends 6:00

- B DAY

- Team Meeting 2:30
- Practice Ends 5:30

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IMPORTANT DATES

August

- Aug 17th First day of school (Virtual)
- Aug 26th 2:45 8th grade IMPACT testing and equipment pickup
- Aug 27th 7:30 7th grade IMPACT testing and equipment pickup
- Aug 31st First day of helmets

September

- Sept 3rd Picture Day
- Sept 8th First day of pads
- Sept 22nd Game 1 vs McMillian
 - 7th @ Wylie East / 8th (Home)
 - 6:00 Red Game
 - Black game will follow after

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COVID PLAN

- **PROVEN PLAN**: Summer Strength and Conditioning: 450 student athletes 4 days a week for 8 weeks with 4 positive cases among athletes and 0 positive cases for staff.

**314 SCHOOLS/ 244 SCHOOL DISTRICTS
REPORTING:**

ATHLETES IN PROGRAMS: 65,290
ATHLETES TESTED POSITIVE: 278
CASES TRACED TO CAMP: 4
HOSPITALIZATIONS: 4
DEATHS: 0
% ATHLETES TESTING POSITIVE: .00425

- Entry / Exit
- Gators (Masks) / Social Distancing
- Equipment clean and sanitized
- Locker Room Plan
- Symptom Check / QR check. Posters throughout building
- CDC / TEA / UIL Guidelines

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COVID PROTOCOL

1. CONTACT the trainer if your athlete is having symptoms of Covid 19, has been tested, or has been in close contact with someone who is Covid +.
2. In the case of a positive test result...
 - The athlete must complete the 3 step process to return to practice
 1. 24 hours have passed since recovery of fever without fever reducing medication
 2. Individual has improvement of symptoms
 3. At least ten days have passed since onset of symptoms
 - The athlete must get a clearance note from a physician to return to athletic activity.
3. If quarantined due to exposure, player is out for the incubation period (14 days)
 - A player has been exposed if a family member tests positive for Covid.
 - Exposure equals being within 6 feet with one or both unmasked for a cumulative 15 minutes. DON'T START THE CLOCK!
 - They DO NOT need a clearance note from physician to return.
4. A notification of the student athlete's clearance will be sent through Rank 1 to the athletic coaches.
5. The athletic trainer will notify the student athlete and verify that they are cleared to return.

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Needed Equipment

- Team store will be located on lovejoyleopards.net under the football tab.
- Required equipment
 1. T-Shirt (team store)
 2. Shorts (team store)
 3. Game day Polo (team store)
 4. Girdle (team store)
 5. School Colored Cleats
 6. Water bottle (players must bring their own water supply)

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Miscellaneous

1. Join the Gridiron Club. <http://www.lovejoyfootball.com/>
2. Take care of your Rank 1 paperwork. This includes physicals which need to be completed prior to the start of the season.
 - <https://lovejoyisd.rankonesport.com/New/NewInstructionsPage.aspx>
 - [Susan Smiley@lovejoyisd.net](mailto:Susan_Smiley@lovejoyisd.net)
 - [Cortney Green@lovejoyisd.net](mailto:Cortney_Green@lovejoyisd.net)
3. 7th and 8th grade team zoom meetings will be set up by the middle school coaching staff within the next week.
4. No surprises. Be where you are supposed to be, doing what you are supposed to be doing, when you are supposed to be doing it, or be held accountable

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